



# **Baking for the Specific Carbohydrate Diet: 100 Grain-Free, Sugar-Free, Gluten-Free Recipes**

*Kathryn Anible*

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**Delicious baked goods that sooth gluten intolerance, celiac disease, IBD, IBS, Crohn's, ulcerative colitis, diabetes and food allergies**

For more than a quarter century, sufferers of incurable digestive problems have followed the guidelines in the clinically-tested Specific Carbohydrate Diet (SCD) in order to make dishes that are both healing and flavorful. Now the recipes in this book allow readers to enjoy favorites they thought were forever off limits--baked goods. The 100 easy-to-follow recipes cover everything in the tasty baked dessert realm from like strawberry shortcake and coconut cake to savory snacks like rosemary crackers and pizza. The author also provides a guide to the diet's "legal" and "illegal" ingredients, as well as tips and techniques for getting the best out of your baked goods within the SCD guidelines. Strictly gluten-free, grain-free, and sugar-free, these specially-designed recipes go back to the basics, avoiding difficult-to-digest ingredients while offering choices sure to satisfy any craving.

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